

IN THE SPECIFICATION:

✓  
Please delete the word "EXTRUDED" from the title of the invention.

IN THE CLAIMS:

✓  
Please cancel claim 10.

Please add the following new claims 11-28:

*Sub B2*  
~~11. A sports board that is ridden by a person standing upon it, comprising:  
an elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge and a right edge, and one or more longitudinally elongated cavity forming members.~~

*B*  
12. A sports board as recited in claim 11, wherein the board has a length L1 in the range of 24-60 inches and a width W1 in the range of 5-12 inches.

*Sub B2*  
~~13. A sports board as recited in claim 11, wherein said one or more longitudinally elongated cavity forming members extend from the front end to the rear end of the board.~~

14. A sports board as recited in claim 11, wherein said one or more longitudinally elongated cavity forming members includes a hollow keel extending from said front end to said rear end, said keel having a height H1 and a width W2 and W2 is at least as great as H1.

~~15. A sports board as recited in claim 11, wherein said one or more longitudinally elongated cavity forming members includes a hollow left rail and a hollow right rail adjacent said respective left and right edges, said hollow rails extending the length of said metal board.~~

*B*  
16. A sports board as recited in claim 11, wherein the sports board is made of an aluminum

material.

~~17. A sports board as recited in claim 11, wherein the sports board is made of a titanium material.~~

*Sub B3*  
~~18. A sports board as recited in claim 11, wherein said metal board has an arcuate shaped front end and an arcuate shaped rear end.~~

~~19. A sports board as recited in claim 11, wherein plastic end guards are secured to said front and rear ends of said metal board.~~

*a*  
~~20. A sports board as recited in claim 11, wherein said top surface of said metal board has a concave transverse contour.~~

~~21. A sports board as recited in claim 11, wherein said metal board has a bent-up front tip portion and a bent-up rear tip portion.~~

~~22. A sports board as recited in claim 11, further comprising front and rear skateboard trucks secured to said bottom surface of said metal board.~~

*Sub C2*  
~~23. A sports board as recited in claim 11, wherein said board deflects less than 0.162 in. with a load of 200 lbs.~~

~~24. A sports board as recited in claim 11, wherein said board deflects less than 0.203 in. with a load of 250 lbs.~~